

Title: Help With A Heavy Load

Theme: Jesus Will Bear Your Burdens

Object: Brick or Rock


Scripture: “Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. For My yoke is easy and My burden is light.” (Matthew 11:28-30)

-S- How much do you think this brick weighs? Well, all bricks don't weigh exactly the same, but the average brick weighs about five pounds. That isn't very heavy, is it? You could easily pick up a brick. Do you think you could pick up this brick up and hold it with your arm straight out to the side of you like this? (Demonstrate it.) You might be able to hold it for a minute or two, but do you think you could hold it all day? No way! The longer you hold it, the heavier it feels.

-S- That same thing is true of the burdens we carry around with us. What are some of those burdens? Here are a few examples: some of you may be having trouble with your school work, perhaps you are having trouble at home, perhaps you may have a serious illness, you may be feeling guilty about something you have done, your family may be having financial difficulties, or maybe one of your playmates has been making fun of you.

-S- That is a pretty heavy load to have to carry by yourself, isn't it? Well the good news is you don't have to carry it alone! In our Bible lesson for today, Jesus said, “Come to Me, all who are weary and heavy-laden, and I will give you rest.” Then Jesus went on to say, “My yoke is easy and My burden is light.” Jesus is our helper. Sometimes we hold on to our burdens and try to carry them ourselves, but Jesus

will help us, if we will let Him.


 Whenever your load is too heavy, remember the words to this song:

I must tell Jesus! I must tell Jesus!

I cannot bear my burdens alone.

I must tell Jesus! I must tell Jesus!

Jesus can help me, Jesus alone.

Father, sometimes our burdens are more than we can bear. Help us to remember that Jesus said,  “Come to Me, all who are weary and heavy-laden, and I will give you rest.” In His name we pray. Amen.

-S- Children Of ?

PRAYER

-S- Our world is filled with trouble and turmoil, life is a struggle and one must deal with the reality of death - death of others and their own death. Because of this turmoil people, all people, long for comfort, stability and security. All people yearn to ease the burden of sin; they may not realize this is what they are striving for - so they seek relief and security in all the wrong ways and places. Many think they can find security in their careers and the accumulation of wealth. However, Solomon rightly said, **-S-** “For riches are not forever, nor does a crown *endure to all generations.*” (Proverbs 27:24) The Apostle Matthew, the Jewish former tax collector recorded Jesus’ instruction, **-S-** “Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; for where your treasure is, there your heart will be also.” (Matthew 6:19-21) Many strive for security by working to amassing wealth, which will not last forever and does not give true security. Amassing wealth certainly does not eliminate the burden of sin.

Still others look for security by obtaining power over other people. As a Christian I ask the same question as Job, **-S-** “Why do the wicked *still* live, continue on, also become very powerful?” (Job 21:7) But, even this power is fleeting and gives only a false sense of security. This is why the business I am in, security, is so busy –

people want to hold on to what they have, even though it slips through their fingers like time and sand. **-B-**

People who think they can quiet the unrest of their hearts by striving for social standing, prestige, position and wealth will ultimately be disappointed. In the ten years from the time I left Mormonism and the Lord came and saved me, I worshipped what I understood – career and money. From the world standards I had become successful – money and position. In truth I failed at what was far more important – a relationship with God, being a loving husband and father. This morning we find the same problem that has plagued men beginning with Cain, this is what I struggled with until God saved me and this is what the Pharisees who Jesus is addressing struggled with. Despite their self-assured religious pedigree and image, these Pharisees were in reality sons of hell. Jesus clearly says, **-S-** “Woe to you, scribes and Pharisees, hypocrites, because you travel around on sea and land to make one proselyte; and when he becomes one, you make him twice as much a son of hell as yourselves.” (Matthew 23:15) These Pharisees countered Jesus’ claim in verse 38 when He spoke **-S-** “...the things which I have seen with My Father; therefore you also do the things which you heard from your father.” Believing they had all they needed through their religious traditions and by being physical descendants of Abraham. These Pharisees, I am sure, were thinking of Genesis 17:7 where God promises Abraham, **-S-** “I will establish My covenant between Me and you and your descendants after you throughout their generations for an everlasting covenant, to be God to you and to your descendants after you.” Their reasoning was since they were descendants of Abraham they had nothing to worry about, they were

spiritually blessed and nothing was really required of them. Jesus responds to this wrong attitude with some penetrating statements.

-S- First, Jesus confronts their inconsistency in behavior. If they were truly sons of Abraham they would embrace His teaching because for those who believe in and know God it is obvious that Jesus' teaching is from God. Instead these men sought "to kill (Jesus), because (Jesus') word has no place in (these men)." Today people try to kill Jesus by keeping Him out of their lives. Even those who say, "I am Christian" but only give lip service to Jesus in truth have no place for Him in their daily lives. Jesus is not truly their Lord and the Holy Spirit does not live in them and the way they live and the decisions they make are void of God.

-S- Secondly, Jesus goes on to explain the cause of this inconsistency in who they claim to be and how they actually live. These men are physically descendants of Abraham, but are not his spiritual children. Their relationship as children of Abraham is external, not internal and spiritual. Jesus begins to push them in an attempt for them to recognize whom it is they truly serve. Jesus says, **-S-** "you also do the things which you heard from your father," which we know from verse 44 is the devil. The truth is men today are the same as the men of Jesus' time and for that matter they have been the same throughout history, and that is **-S-** most men desire to serve themselves and are no more interested in serving Satan than they are in serving Christ. These Pharisees were interested in their power and position. However, they did go beyond what most men would do in that they were willing to kill God to maintain their power. To be clear **-S-** people either serve Satan or God. It was by Satan that sin entered into the world. Even Christians sin for we are born of sin, but we are grieved by our sin and we overcome sin by the power of God that lives in us. Without Christ in us we cannot

put others before ourselves – our spouse, children, brothers and sisters in the Lord, the church and without Christ we would be as self-serving as these men Jesus is confronting. **-B-**

Jesus simply taught in one of His parables; found in both Matthew and Luke, that good fruit comes from a good tree and bad fruit comes from a bad tree – bad fruit does not come from a good tree. One can know the nature of a person and whom they love and serve by the fruit in their life. Jesus was calling attention to the fruit of how these men behaved and spoke. While Jesus spoke and lived **-S-** “the things which I have seen with My Father (God).” In contrast these men lived as they **-S-** “heard from their father (Satan).”

The obvious conclusion is that for a person to be taken out of the family of Satan and be brought into the family of God, he must be spiritually born again. This can only be done through the work of God’s Holy Spirit, enabling one to live the Gospel of Christ and this is accomplished on the basis of Christ’s death on the cross and His resurrection as the living God. Even John the Baptist stated clearly the difference between those who are spiritually alive and those who are spiritually dead. John told the people **-S-** “do not suppose that you can say to yourselves, ‘We have Abraham for our father’; for I say to you that from these stones God is able to raise up children to Abraham. John already understood the parable that Jesus would later teach and he continued, **-S-** “The axe is already laid at the root of the trees; therefore every tree that does not bear good fruit is cut down and thrown into the fire.” (Matthew 3:9-10) John was telling everyone that it is only by an act of God and by His grace that one comes to believe.

Jesus now confronts these men with the fact that they are spiritually dead.

Reading from verses 39 and 40 Jesus tells these men, **-S-** “If you are Abraham’s children, do the deeds of Abraham. But as it is, you are seeking to kill Me, a man who has told you the truth, which I heard from God; this Abraham did not do.”

People of God do not seek to kill others, especially those who are innocent, those who speak the truth and those who serve God and people through miracles

performed by the power of God. Jesus is saying you desire to kill me, but **-S-** “If you are Abraham’s children ... this Abraham did not do.” Jesus is using Abraham

as an example of faith and believing in God. In the Book of Romans, Paul wrote, **S-**

S- “For what does the Scripture say? ‘ABRAHAM BELIEVED GOD, AND IT WAS CREDITED TO HIM AS RIGHTEOUSNESS.’” (Romans 4:3) Just as Jesus was explaining to these men

that they must be spiritually alive in God to understand spiritual things, Paul

wanted the Romans to understand that Abraham was saved by faith, not that he

was saved because he was the father of the Jewish people, nor are the Jewish

peoples saved because Abraham is their physical father. Paul made the same

point to the people who lived in Galatia writing, **-S-** “Even so Abraham BELIEVED

GOD, AND IT WAS RECKONED TO HIM AS RIGHTEOUSNESS. Therefore, be sure that it is those who are of faith who are sons of Abraham.” (Galatians 3:6-7) Then James the half

brother of Jesus made clear in his writing that faith without obedience and works

is dead because works is the natural outpouring of faith and this is why we can

tell a person’s heart by the Fruit of the Spirit we see exhibited in their life.

But I also want to explore something I believe might have been on Jesus’ mind. I

do not want to dwell on it too long because we will address it later in this chapter.

Please quickly go forward to verse 56 of John chapter 8, Jesus tells the people, **-S-**

“Your father Abraham rejoiced to see My day, and he saw *it* and was glad.” Since

Jesus only speaks truth, we then can be assured He is saying Abraham looked

forward to the coming of Jesus the Messiah and that Abraham saw it. Now in **-S-** Genesis chapter 18 you may remember the story of the three supernatural beings that appear to Abraham before the destruction of Sodom and foretells to Abraham and Sarah the birth of Isaac. One of those beings was addressed as **-S-** **LORD** by Abraham or in Hebrew יהוה (*yhwh*) **Yahweh**, which is the proper name of the God of Israel. Who are these three beings? Two could be angels, but one we know is God by how Abraham addresses Him. Could this have been a preincarnate appearance of Jesus, God very God and the Messiah who was to come? If so, then Abraham in fact did see Jesus and knew of the future day He would return as the Christ. I wonder would this relationship between Abraham and Jesus have made sense to the audience Jesus was speaking to? I am not sure, but again this is the advantage we enjoy by having the complete Scriptures of God, the Bible. We have the whole story and for these Jews the story was in progress. So while Abraham ran to Jesus under the oak tree in Genesis these Pharisees openly reject Jesus. **-S-** Abraham lived by faith and knew God, these men lived by their self-righteous works and knew not God.

Just because ones parents were Christians living a Christ-like life does not make you a Christian. These Pharisees said to Jesus, **“Abraham is our father.”** Jesus said to them, **-S-** **“If you are Abraham’s children, do the deeds of Abraham.”** Then Jesus continues with His revelation that if one does not serve the true God, then they in fact serve Satan. In verse 41 Jesus says, **-S-** **“You are doing the deeds of your father.”** These men become infuriated and lashed out at Jesus with a nasty insult, **-S-** **“We were not born of fornication; we have one Father: God.”** It appears to me that these men were referring to the controversy that surrounded Jesus’ birth. They were implying that Jesus was illegitimate, while they were born

into privilege and are legitimate heirs of Abraham. Their pride was founded in Exodus where God instructed Moses to tell Pharaoh, **-S-** “Thus says the LORD, ‘Israel is My son, My firstborn.’” (Exodus 4:22) Or perhaps when King David spoke to the LORD before Israel assembled, **-S-** “Blessed are You, O LORD God of Israel our father, forever and ever.” (1 Chronicles 29:10) History demonstrates that God was the true Father of the nation of Israel. But, the Scriptures demonstrate that only those called by God and who believe in Jesus possess saving faith. Jesus does not even acknowledge their insult, but continues to address that it is not about their physical lineage but their spiritual rebirth that makes one a child of God. **-S-** “Jesus said to them, ‘If God were your Father, you would love Me, for I proceeded forth and have come from God, for I have not even come on My own initiative, but He sent Me. Why do you not understand what I am saying? *It is because you cannot hear My word.*’” (John 8:42-43) Jesus continues to refute that God is their Father in order for them to see their need for the Messiah. Remember back in chapter 5 Jesus said, **-S-** “He who does not honor the Son does not honor the Father who sent Him.” (John 5:23) True children of God, by their regenerated nature, love God and His Son. There is the fruit that is a witness to the regenerated spiritual birth that God has given them by His grace. Jesus’ rhetorical question in verse 43, **-S-** “Why do you not understand what I am saying?” Proves their inability to hear or understand because they are not the children of God. Just as earthly physical children take after their fathers and exhibit many of their father’s personality traits, so too, spiritual children exhibit many of the traits of their father – either God or Satan. Some as these people exhibit the traits of Satan and some that believe in Jesus as the Christ display traits of the divine.

Verse 44 lists two of the most evil desires and traits of Satan; He is a murderer and a

liar. Jesus gives a wake up call as He now tells them plainly who their father is and what their father stands for. Jesus says, **-S-** “You are of *your* father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own *nature*, for he is a liar and the father of lies.”

It was Satan’s hatred for God that he brought the lie to Adam and Eve and that lie brought spiritual dead for all generations. Then there was the lie Satan told Cain that resulted in the first murder in human history. Since that time Satan’s hatred for God and God’s creation, mankind, has driven him to **-S-** “prowl around like a roaring lion, seeking someone to devour.” (1 Peter 5:8) Satan cares nothing for people; Satan uses even the most evil people for his service. People are merely pawns that Satan uses in waging his war against God. The plans of these Pharisees to murder Jesus, the Son of the mostly holy God proves who their true spiritual father is – Satan!

Jesus concludes this line of reasoning to the Pharisees - please return to John chapter 8, beginning in verse 45, **-S-** “But because I speak the truth, you do not believe Me. ⁴⁶ Which one of you convicts Me of sin? If I speak truth, why do you not believe Me? ⁴⁷ He who is of God hears the words of God; for this reason you do not hear *them*, because you are not of God.” When Satan through his lies misdirects a person away from seeking the true God this robs God of an individual worshipping the true God and their Creator. But when Satan’s lies get men to create false religions that believe in salvation through men’s own efforts, through works and by their lineage from Abraham or any other human, well then, now millions are deceived instead of individuals. Here we have a nation of people who historically have had a relationship with the living God, but have gradually lost



that relationship through pride of their past, pride of their being descendants of Abraham instead of knowing God. Satan has gotten them move away from God and their trust of Him and they now trust in the salvation of history and the works of Abraham instead of by the mercy and grace of God.

-S- Nothing has changed. Today Satan has convinced many that they are saved, even many who call themselves Christian, that salvation is based on works, on man's own efforts and on the history of others in the past. To possess salvation one must keep rituals, feasts and perform acts of sacrifice. Jesus had just spoken at the Feast of Booths that these things were no longer true for He is the final and last sacrifice. Jesus continued confronting the Pharisees that this thought process is wrong, this is not what salvation is based on. Jesus tells everyone clearly through His own words and those of the inspired writers of the New Testament that salvation comes from God and is about a relationship with God through Christ. We see in the New Testament and we continue to see today this incredible spiritual transformation in those who are true children of God. This transformation is evidenced in the Fruit of the Spirit in ones life. Jesus was confronting these men and He confronts us today concerning the difference between being children of God or the sons of hell.

In Galatians Paul wrote a passage of scripture that sums this up well. Please turn in your bibles to Galatians chapter 5, beginning in verse 16 and read along with me and let these words penetrate your hearts and minds.

-S- ¹⁶ "But I say, walk by the Spirit, and you will not carry out the desire of the flesh. ¹⁷ For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. ¹⁸ But if you are led by the Spirit, you are not under the

Law. ¹⁹ Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, ²⁰ idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, ²¹ envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law. ²⁴ Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.

 ²⁵ If we live by the Spirit, let us also walk by the Spirit. ²⁶ Let us not become boastful, challenging one another, envying one another.”  Calling yourself Christian is not the determining factor, but what you believe, which is seen in how you live. Is there Fruit of the Spirit in your life? The Fruit of the Spirit shows people who is your father!